



**We remember**  
Message of remembrance still strong.  
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# SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



**Exceeding expectations**  
Opening of museum turns heads.  
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MONDAY, NOVEMBER 21, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.SPOKEONLINE.COM

43RD YEAR — NO. 25

## Things heating up at bloom



PHOTOS BY BRENDAN DALEY

Culinary students at bloom are turning up the heat as they near their 10th week of the program.

**By BRENDAN DALEY**

bloom may look, taste and feel like a prestigious restaurant. However, concealed behind those swinging doors is a kitchen-classroom hybrid run by Conestoga students — think you can tell the difference?

While hospitality students move about frantically in the kitchen, a continuous wave of patrons flood the dining room

which is located at Conestoga's Waterloo campus. Students and tri-city residents alike visit the dining room for good food, and above all, a unique dining experience.

Since its re-opening in September, bloom has been filling its reservation book at a rapid pace. They have even been host to functions containing as many as 60 people.

Due to customer request, the addition of a "chef's cam" has been implemented. The result is a live feed of the kitchen projected onto the wall of the dining room, offering visitors a behind the scenes view.

According to Matthew Worden, sommelier and maitre d' at bloom, "I thought it would be interesting to create an open-kitchen concept without actually opening the

kitchen."

"The idea is to remind people that this is a live classroom. As far as the students, it keeps things true and honest, which is how it should be."

Although the pace has drastically picked up since the beginning of the semester when students performed a mock-service for practice, students insist that the transition to real customers was a fairly easy one.

"We have some hiccups here and there, just like any restaurant, but we have it covered pretty well," said culinary student Ryan Schmucker.

"We were given good practice at the beginning of the year," said Rikki Cromarty. "Now it's just like being at work."

For more information on bloom, including online reservations and the current menu, visit [www.conestogac.on.ca/diningmenu](http://www.conestogac.on.ca/diningmenu).



## United Way to honour CTV's Lisa LaFlamme

**By BEN STODDARD**

United Way K-W and Area is hosting its annual celebrity event on Nov. 25. Every year, they honour a local celebrity to help raise money for their fall campaign.

"Tales of a TV Journalist" is honouring Lisa LaFlamme, the new chief anchor and senior editor for CTV National News, at the Federation Hall in Waterloo at 7 p.m. The special guest MC is Jeff Huthcheson, the sports and

weather anchor for Canada AM. Other special guests include Lloyd Robertson, the previous chief anchor, Julie Osborne, a publisher at Maclean's, and James Duthie, a host of The NHL on TSN. Meg Lagrotta, the event co-ordinator at United Way K-W said that the event will be a cocktail-style reception.

"There will be food stations and hors'd'oeuvres passed," Lagrotta said. "Each food station represents a country

where Lisa LaFlamme covered a large news story." For example, there will be a Japanese sushi station because she covered the tsunami in March.

"With some insider knowledge and a little improv thrown in, this is sure to be an evening full of surprise," a media release said. It will also have plenty of behind-the-scenes stories of LaFlamme's rise from a Kitchener TV reporter to the national news anchor.

LaFlamme began her CTV career in Kitchener-Waterloo in 1991. In 1997 she became a consumer news reporter and the weekend news anchor for CTV news. Over the years, she covered war zones, Canadian politics in Ottawa and hosted Canada AM. She's received awards such as the RTNDA award for best live coverage of a breaking news event, five Gemini award nominations and an honorary doctor of law degree from Wilfrid

Laurier University.

The organization's goal for this year's fall campaign is \$6 million, 13 per cent higher than last year, but they estimate that they'll only reach \$4.9 million due to the economy.

Tickets are \$125 and are available at [www.laflammeevent.eventbrite.com](http://www.laflammeevent.eventbrite.com). Proceeds will go toward the United Way's fall campaign to help local families in need, which have grown significantly in number this year because of the recession.



## Now deep thoughts ... with Conestoga College

Random questions answered by random students  
If you could live as any other person  
for 24 hours, who would it be and  
why?



"I want to be my dad so I could know what he was thinking about me on the day I was born."

**Malcolm Scott,**  
broadcast television

"I want to be a homeless person, because it would give me a better appreciation for what I have now. I wouldn't take it for granted as much."

**Thomas Saunders,**  
supply chain and operations



"J. Edgar Hoover would have been cool. He was a very powerful and inspirational person. He invented many of the modern forensic materials we have today such as the fingerprint. It would have been interesting to see the developments."

**Cody May,**  
broadcast journalism

"I wish I could have been Mel Gibson on the set of Braveheart. The movie is epic, and I enjoy it."

**Leo Jlang,**  
English language studies



"Nicola Tesla. He was one of the most mysterious people that ever lived. There are so many conspiracy theories that surrounded him ... It would be cool to know which theories are true and which ones are not."

**Adam Cox,**  
general machinist

"I want to be the president of the United States. Not one in particular, but just any because I would have 24 hours to do whatever I wanted."

**Soufiane Al Tilmimi,**  
business foundations



Smile Conestoga, you could be our next respondent!

# Metal bands battle for Ontario

*Structures has better sales but  
Counterparts has the better music*

Oct. 25 was a big day for Ontario metal/hardcore. Arguably the province's two biggest heavy bands, Counterparts and Structures, dropped their new albums on their new labels – Victory Records for the former and Sumerian Records for the latter.

And though Structures fared better according to the numbers – with first-week sales of 1,356 according to Nielsen SoundScan, compared to Counterparts' 526 – which was better from a musical point of view?

**Oddly enough, for a band that made its name playing a mix of the melodic and heavy, it works best when they separate them.**

Counterparts took a risk on their newest album, *The Current Will Carry Us*. They decided to ditch the breakdown laden melodic metal-core for a more melodic hardcore foundation, with breakdowns few and far between.

And it works, mostly.

Oddly enough, for a band that made its name playing a mix of the melodic and heavy, it works best when they separate them.

Album opener, *The Disconnect*, closes out with melodic tremolo picking, while album closer, *Reflection*, lays off the distortion pedal and proves that emotion is equally important as motion.

The songs in between,



**Bradley  
Zorgdrager  
Opinion**

while still catchy, sort of blend together and lose their identity. On tracks such as the aptly titled *Uncertainty*, Counterparts seems unsure of their new direction and end up sounding like *Prophets: Part Two*.

Ultimately, their only downfall is their inability to fully commit.

But when Counterparts put aggression before melody on tracks such as *I Am No One* and *Thank God*, they prove they're as adept at playing aggressive music as melodic.

Lead single *Jumping Ship* ends with the line, "We will be remembered," and if they keep making music as good as this, they almost certainly will be.

4/5

Meanwhile, Structures took a safer route on *Divided By*. Breakdowns take prevalence over the interesting riffs that broke up the down-tuned beatdowns on the *All of the Above* EP.

It's telling that two of the best songs on the album – *Encounter...* and *In Pursuit Of* – are re-recorded from the aforementioned EP. But they chose not to re-record *Transitions*, seemingly because they decided not to incorporate any transitions in these songs, which jump from riff to riff like musical ADD.

Although interesting parts are littered throughout the CD, they disappear as quickly as they come.

Some of the more interesting and diverse parts on the CD, including the pop-punk-esque chorus in *Paralyzed*, suggest that if Structures branched out instead of broke down, they might have made a truly memorable album.

But their obsession with being brutal gets in the way of potentially interesting songs – such as the melodic, */*, (yes, that's the song title) – which ends in a completely unnecessary breakdown.

With the guest vocals from Emmure, Ion Dissonance and Despised Icon, random sound effects and musical ADD, this album comes off like a circus – fun for a few times, but eventually, you've got to grow up.

2.5/5

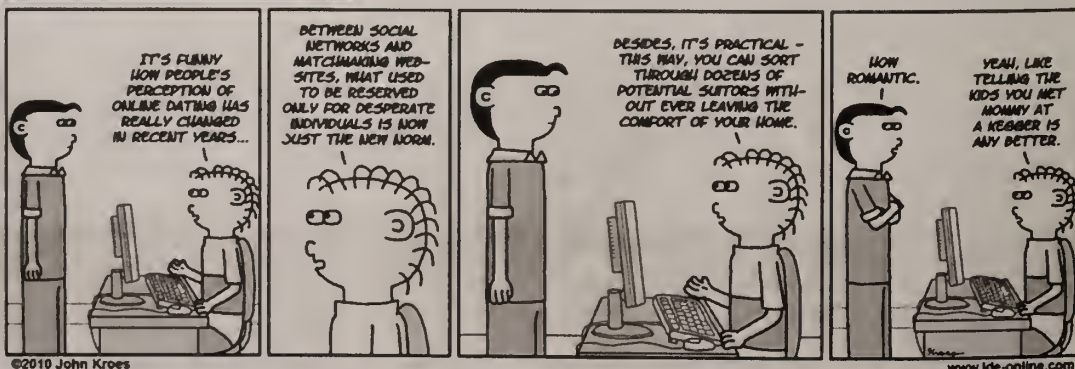


Counterparts took a risk on their new album.



Structures took a much safer route.

### LAST-DITCH EFFORT



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# Constructing a career

By ALEXANDRIA DEER

Women at Conestoga's Waterloo campus are making their mark.

Since 2003, the Ontario government has helped fund the women in skilled trades program (WIST).

The program, which runs for 38 weeks, offers gender sensitive in-class and on-the-job training to women with low incomes who are unemployed or underemployed and helps prepare them for jobs, according to the Ontario government's website.

Over the last two years, the McGuinty government has invested \$3.3 million to help low-income women across Ontario get the training they need to create a better future.

"I think the program is really special. I think the biggest thing is the women knowing they can achieve it, they've done it well and they know they can do it," said Kristin Goetz, Liaison Officer for the School of Trades and Apprenticeship.

According to the college's website, the program will equip students who wish to make a career in the construction industry as a general carpenter, with the basic skills required to secure a position as an apprentice, and to work safely and successfully in the industry.

Women are encouraged to investigate the significant benefits of a career in a skilled trade.

"I think that women can bring a lot to the plate. It's kind of like an untapped resource really, because it's been such a male-dominated world for so long," said Lori



PHOTO BY ALEXANDRIA DEER

Berni Kerr uses a nail gun during an assignment on Nov. 3.

Quarrie, a student of the WIST program.

"I've done a lot of jobs. This is kind of my niche," said Nicole Kozierowski, another WIST student. "All the girls here are so crazy and so different but we all get along so well. I think it's important for women to be in there. Boys gotta know what's up."

There are currently 25

women enrolled in the WIST program. Courses include building science, computer literacy, hand and power tools and health and safety. For admission requirements and start dates, visit the School of Trades and Apprenticeship's page on the college's website, [www.conestogac.on.ca](http://www.conestogac.on.ca), click on prospective/parents and then programs and courses.

# Survey reveals cafe food too pricey

By JAMES WITCZAK

"I can't get no satisfaction" isn't just a song by the Rolling Stones. It's also how students feel about the high price of food at Conestoga's cafeterias. A recent survey conducted at the college revealed that nearly 58 per cent of students were not satisfied with the escalating prices.

Out of the 50 students surveyed 29 deemed the prices to be between unfair and very unfair. This is in contrast to the high satisfaction rate in regards to the quality of the food. Only 14 per cent of students said that the quality was below satisfactory. "It's good, but the food is very expensive," said Aram Yousufi, a first-year architecture construction student.

In reference to the Cambridge cafeteria Tyler Little added, "It's OK, the burgers are good but the pizza is bad," as he was munching on a freshly made burger.

Other survey stats showed

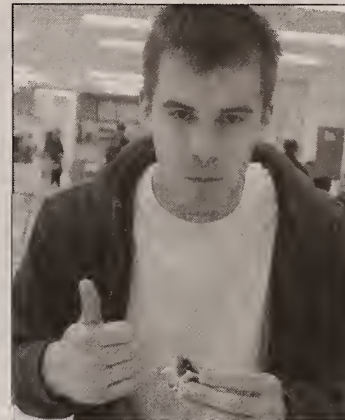


PHOTO BY JAMES WITCZAK

First-year electrical engineering student Tyler Little munches on a hamburger in the Cambridge campus cafeteria. He gives it a thumbs up.

that 20 per cent of people said they spent more than \$30 a week in the cafeteria with two people saying that they spent more than \$50 a week. A vast majority of students commented that the only thing that they got were coffees, opting instead to bring their own lunch.

## FARE FACTS

■ Money spent per week in the cafe: Twenty-three people spent \$10 or less, 17 people spent \$20, four spent \$30, four spent \$40 and two people spent \$50 plus.

■ Cafeteria usage: 17 people use the cafe once a week, 12 twice a week, 11, three times a week, seven, four times a week and three, five times a week.

■ Food quality in the cafeterias: Seven people were semi-satisfied, 19 people were satisfied, 20 people were mostly satisfied and four people were very satisfied. No one said they found the food unsatisfactory.

■ Pricing in the cafe: Thirteen people thought the prices were very unfair, 16 people thought they are semi-reasonable, 13 thought the prices are reasonable and eight people thought they are mostly reasonable.

# Swapping parking pass should be easier

First semester is almost over, but have students received everything they paid for and expected? In certain cases, such as mine, the answer is no.

For those of us who drive to school and attend full-time classes, buying a parking pass is necessary. Paying roughly \$400 for that parking pass should mean you get what you pay for – an entire lot to park in on your campus and near your classes.

I purchased a pass online in the summer, and then, on the first day in September, I went to pick it up. I was upset to discover that I had accidentally purchased a pink pass for the new Cambridge campus and two really dis-



Reyhan Enver  
Opinion

tant lots at the Doon campus. Immediately I tried to exchange the pink pass for an orange one, which I had originally intended to purchase. On top of having a leg injury from an accident, paying the same sum of money to only have a choice of two lots at Doon instead of multiple lots didn't seem fair.

The pink parking pass allows you to park in one orange lot and one blue lot at

Doon, which are farther and limit the spots available.

Laziness isn't the only issue involved (but is included) since the two lots are farther than the ones I wanted to park in. The number of spaces available and the distance can be a problem. If you're running late, you want the shortest distance to walk to your classroom. If you're carrying a huge project, the same applies. As well, if it's raining and/or cold out (especially in the winter) you probably want to get in the school as quick as possible.

I was told I could come back to the security office in one month and receive my correct parking pass; they simply said they would trade

it for me since the passes were the same price. I thought this was reasonable.

I went back to the office one month later as requested and I was then told that they had changed their minds; they weren't switching passes because the lots were "fine the way they were," as in not full or too crowded.

After paying for the pass and anxiously waiting for that month, I was shut down and turned away.

If the lots were "fine," why couldn't the switch happen?

If I had been told that they were still deciding if they were going to do pass switches or not, rather than telling me I could definitely switch my pass no problem in one

month, at least I would've expected that I may not get the pass I wanted.

I was told that if I can get a doctor's note that I could have my pass. A doctor's note to get the parking pass I was already promised seems unnecessary. I don't understand why the money I paid for my parking pass (the right one, on my campus) doesn't entitle me to a switch. If the price wasn't as expensive as it is, maybe I wouldn't mind so much, but over a simple mistake of purchasing the other campus's pass, I am stuck in a distant lot all year.

I may be getting what I paid for in my classes, but I sure am not in terms of parking.



# We remember

By ANDREW SOULSBY

In 1897, Rudyard Kipling, an English poet who won the Nobel Prize in 1907 for literature, wrote a poem titled *Recessional* where the phrase "Lest We Forget" was first penned. It was written for Queen Victoria's 60th year in power, a time when English imperialism was at the brink of a steady decline in the decades to come. The words were meant as a warning, of the perils of hubris and the inevitable decline of imperial power.

Today, however, Lest We Forget refers to the names and memories of soldiers who fought and died during war. It refers to the sacrifices and hardships made by the people back home while their sons, brothers and fathers fought overseas. It refers to the atrocities and tragedies witnessed by men who returned home, shells of their former selves. It's a phrase we see in headlines and news stories for nearly a week for one month of the year.

Remembrance Day was established in 1919 by King George V as a way to show gratitude to those who died in The Great War. The tradition continued and spread throughout the Commonwealth as the world plunged into another global conflict only 20 years later.

Now, in 2011, we remember not only those who died in the First and Second World Wars, but also the Korean War, the many peacekeeping missions Canada has led and participated in and most recently, the Afghan conflict.

We are supposedly taught history in order to stop it from repeating itself. Remembrance Day can be said to have the same goals, however, as history clearly shows, we are doing a miserable job of it.

Nearly 114 years later, Kipling's words appear to be falling on deaf ears.

As Nov. 11 passes, poppies that once adorned shirts and coats fall to the ground and are forgotten once more until another year passes and we all stand in silence, staring blankly at our feet. It's during these 365 days that policies are made by governments we feel further disconnected from and begrudgingly elect, that enable our armed forces to travel overseas and bomb places we've never seen or can even find on a map. All paid for with our tax dollars.

Next time you find yourself staring blankly at your feet as the 11th hour, of the 11th day, on the 11th month comes and goes, reflect not only on the soldiers who so bravely gave their lives enforcing seldom understood foreign policies, but also ask yourself what you can do to prevent further bloodshed of our countrymen and women.

*The views herein represent the position of the newspaper, not necessarily the author.*

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

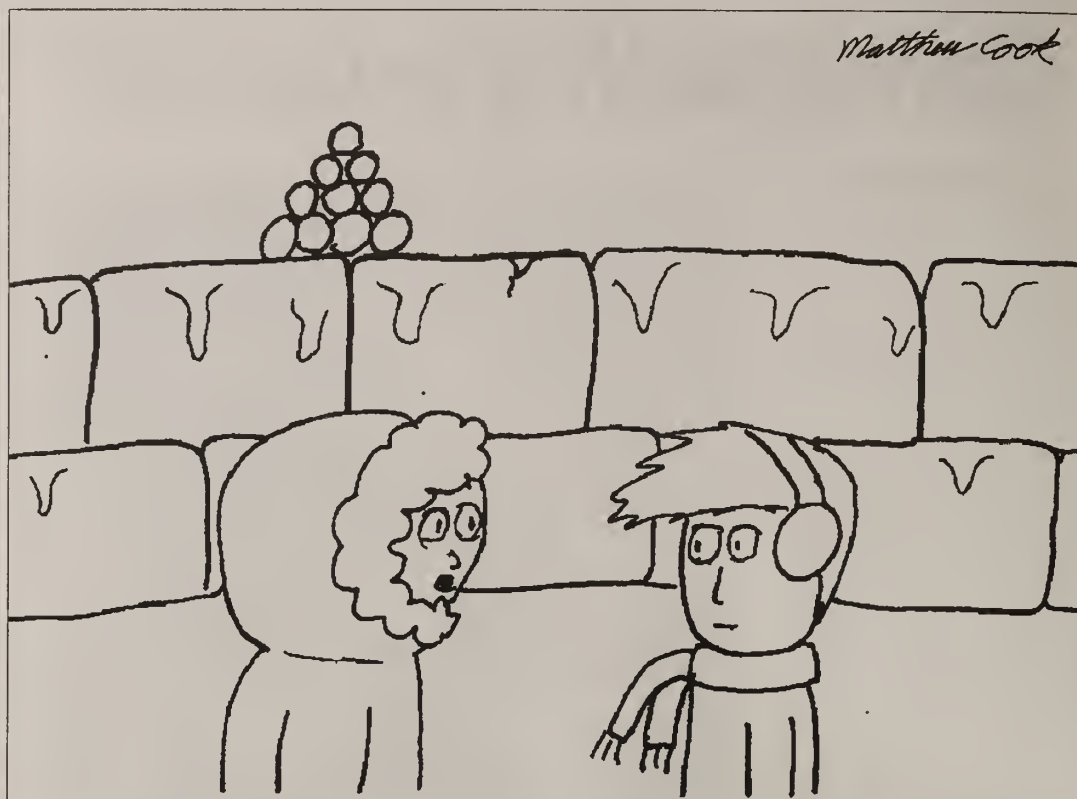


Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



I'm pretty sure this isn't what the Americans had in mind when they asked Canada to increase perimeter security.

## Would you turn your brown eyes blue?

Here's an interesting question. If you had the option to change your eye colour, would you do it? Of course, you'll have to pay \$5,000 and undergo brief laser surgery.

I came across an article on this subject while perusing the Internet one evening. Apparently, one does not need coloured contacts to disguise their true eye colour anymore. There is a way to change it permanently.

Gregg Homer, a California doctor, claims he's worked 10 years to perfect a laser treatment that can irreversibly turn brown eyes blue. Here's how it works. A computer scans the iris and uses a laser to disrupt the brown pigment on the eye. Since blue pigment lies beneath the brown pigment, removing the outer layer of melanin can bring about a bluer look to the eyes. Over the next two to three weeks, the body removes the damaged melanin and the pigment lightens up, eventually transforming brown eyes to blue.

Surely a procedure such as this must have risks. According to expert Dr. Robert Cykiert, an eye specialist from NYU, when you burn away



Ashley Welford-Costelloe  
Opinion

the brown pigment with a laser, the debris is likely to clog up the microscopic channels in the front of the eye. This can result in glaucoma.

This brings me to yet another question. Why only blue? Why couldn't he have developed a procedure to turn blue eyes brown, brown eyes green, etc? What kind of message is being sent here? After all these years, do we still find the blond-haired, blue-eyed European look superior? I am reminded of another individual who tried to change eye colour.

Perhaps the name Joseph Mengele rings a bell. He was a German SS officer and a physician in the Auschwitz concentration camp. He was infamous for performing grisly experiments on camp inmates, including children.

Many of these experiments were based on creating a blond-haired, blue-eyed race.

One of his most famous experiments was attempting to change eye colour.

Mengele or one of his assistants would inject dyes into the eyes of a child. This often resulted in injury and complete blindness, not to mention excruciating pain.

I am not trying to compare Homer to Mengele. For one thing, Mengele's patients didn't have a choice. Homer is not personally rounding up individuals and forcing them to undergo his new procedure.

Here's something else to think about. Brown eye colour provides more UV protection than lighter colours and is dominant in regions where year-round exposure to sunlight is greater. So if you burn away the melanin, you no longer have any protection. You have to wonder what sort of damage could result from that.

I suppose I'll never understand the lengths some people go to in order to change their appearance. Whatever happened to natural beauty?

*The opinions expressed in this piece were those of a blond-haired, blue-eyed individual who believes in letting nature take its course.*

## SPOKE

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**Editor:** Tiffany Wilson

**Assignment Editors:** Nicole Jobes and Sarah Shaw

**Advertising Managers:** James Witczak and Eric McKenzie

**Spoke Online Editors:** Jazlyn Slack, Mariana C.

Morales, Rachel Henry, Drew Logan, Jake Robinson, Vanda Dobritoiu, Alysha Miller, Karen Haynes, Ryan Home and Ken Belliveau

**Production Managers:** Elissa Den Hoed, Andrew Omran, Ben Stoddard and Torie Roth

**Photo Editors:** Bradley Zorgrager, Jessica

Martin, Alexandria Deer, Devon Smith, Dan MacLeod, Reyhan Enver, Brendan Daley, Jake Davidson, Andrew Soulsby and Jeff Bomben

**Circulation Manager:** Ashley Welford-Costelloe  
**Faculty Supervisor and Adviser:** Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 1C30, Kitchener, Ontario, N2G 4M4.

Phone: 519-748-5220, ext. 3691, 3692, 3693, 3694

Fax: 519-748-3534

Email: [spoke@conestogac.on.ca](mailto:spoke@conestogac.on.ca)

Website: [www.conestogac.on.ca/spoke](http://www.conestogac.on.ca/spoke)



# Ladies of TV get big laughs

To men, women may be hard to figure out. To other women, women may be hard to get along with, but to advertisers, women are extremely profitable. And they are funny.

It seems that now more than ever, prime-time comedies are filling the screen with leading ladies in roles they deserve as Hollywood finally gets the message that laughing ladies equals high ratings.

With the success of Bridesmaids this past summer and Saturday Night Live producing such comedienesses as Tina Fey, Kristen Wig and Mia Rudolph, it was only a matter of time before female stand-up made its way from the tiny stages of New York's dingy clubs to the glamour that is the small screen.

This season features multiple shows from the perspective of women, without them being projected as whiny, materialistic or simple background noise.

Here are two great shows to tune into:

Whitney, a show based on the stand-up routine of Whitney Cummings, channels everyday ups and downs women face while working and living with their boyfriends in a big city. Spawning from real-life scenarios and shot in front of a live studio audience, Whitney is honest and forthright in discussing relationships as they truly are. Featuring everything from the nit-picking women do to the awkwardness that role-playing in



**Sarah  
Shaw  
Opinion**

the bedroom can result in, Whitney shows the honesty that happens when a couple has been together for years.

Two Broke Girls, a show written by Michael Patrick King (writer of Sex and the City; the ultimate girls' show) and produced by Whitney Cummings, had the highest fall premier rating of any comedy since 2001.

Based out of Brooklyn, Two Broke Girls tells the story of two young women of different economic backgrounds struggling to make a life for themselves.

Both in their early 20s, the women (played by Kat Dennings and Beth Behrs) try to sort their way through the challenges of being on their own for the first time.

As the only show on mainstream television right now detailing the lives of 20-something single women, it serves its purpose well while being funny and believable.

Both shows share enough similarities and enough differences that they allow for different audiences to appreciate them.

The actresses, who are truthful, honest and hilarious, are receiving laughs from both genders. It's about time.

## CONESTOGA STUDENTS OFFER A HELPING HAND



PHOTO BY REYHAN ENVER

Second-year business administration — marketing students, (from left) Caitlin Pattison, Taylor Harrington and Brandon Pentsa, held a clothing drive Nov. 9 and 10 with donations going to Reaching Our Outdoor Friends, an agency committed to the overall well-being and providing safety and support for homeless youth and youth who are at risk, 12 to 25 years of age, in Waterloo Region. Bags and bags of clothing was received. See additional photo on Page 13.

## Learning Groups Fall 2011 Schedule

Learning groups are free weekly study groups that are designed to help students through historically difficult courses. They offer a chance to meet with a senior student and other classmates to compare notes, discuss concepts, develop learning strategies, and prepare for exams.

This semester learning groups are offered in the following courses, all you have to do is show up!

	<u>Day &amp; Time</u>	<u>Room Number</u>
Pre-Health Biology 1 Leader: Matthieu	Fridays Sept. 30-Dec. 9 9:00-10:00 am	1D04
Pre-Health Biology1 Leader: Jason	Mondays Oct. 3 – Dec. 5 3:00-4:00 pm	1D03
Construction Statics Leader: Jarris	Thursdays Oct. 20-Dec. 8 11:00-12:00 pm	A3111
IT/CP/CPA Programming Fundamentals Leader: Kevin	Tuesdays Oct. 4 – Dec. 6 10:00-11:00 am	1B25
SET/CET C Programming Leader: Justin	Mondays Oct. 3-Dec. 5 8:00am-9:00am & Thursdays 11:00-12:00	2A213 (Monday) SET 1C7 (Thursday) CET
Civil Statics Leader: Serguei	Tuesdays Oct. 4 – Dec. 6 2:00-3:00 pm	A2158
Accounting Accounting 1 Leader: Christina	Thursdays Oct. 20-Dec. 8 11:00-12:00	3E37

Budget your way to

## FINANCIAL SUCCESS!

### Financial Basics Workshop #FIN0030

Learn money management skills for life. Topics include: managing expenses, credit and debt; protecting oneself from fraud; and saving for the future. Great for young adults (parents welcome too)!

#### Workshop Dates:

Tuesday, November 29, 2011

#### Time:

11:00 a.m. – 4:00 p.m.

#### Main Campus:

Woodworking Centre  
Room W9

#### Location:

Conestoga College, 299 Doon Valley Drive, Kitchener

Cost: \$20.00

Register online at [www.conestogac.on.ca/ce](http://www.conestogac.on.ca/ce)  
Participants must register. Seats are limited.





# Conestoga students receive international awards

By MEAGAN MORRISSEY

Seven Conestoga College students and one alumnus have received scholarships from the International Facility Management Association Foundation.

The students, all from the architecture — project and facility management program (APFM), and the alumnus member travelled to Phoenix, Ariz. to receive the scholarships, each valued between \$1,500 and \$5,000.

The IFMA Foundation, based out of Houston, Texas, is a non-profit organization dedicated to expanding educational opportunities, knowledge and research about the growing industry of facility management. It is funded through the generosity of IFMA members, chapters, councils, corporate sponsors, and private contributions.

Each year, the IFMA Foundation awards 30 to 40 scholarships to undergraduate and graduate students in facility management related post-secondary programs around the world.

The bachelor of applied technology in architecture — project and facility management is a four-year applied degree program at Conestoga.

The program, which focuses on project-based learning, is centralized around four co-op semesters which provide students with real-world experience.

The APFM program is one of only nine IFMA accredited post-secondary institutions throughout North America, among the ranks of Brigham Young University, the Pratt Institute, Cornell University, and the Georgia Institute of Technology. Conestoga College is the first and only Canadian school to be recognized by IFMA Foundation to date.

Scholarship winners are selected based on merit. The applicants are graded on their past achievements, leadership skills and involv-



PHOTO SUBMITTED

Seven Conestoga College students and one alumnus received scholarships from the International Facility Management Association Foundation, which had a combined total of \$20,000. Shown are (left to right) students Ryan Van Kooten, Yumna Nasir, Jillian Harvey, Megan Morrissey, alumnus Megan Bos, Flavia de Martino, Sean McBride, Alita Jones and Jim Bechard, who is a professor in the APFM program at Conestoga College. Bechard is also a board member of the IMFA London Chapter and is the faculty adviser for the IMFA Foundation for Conestoga.

ment in the world of facility management. The application also includes a letter of professional intent, letters of recommendation from co-op employers, a resume and an academic transcript.

Although Conestoga's APFM students have been winning IFMA Foundation awards since 2005, 2011 marks the first year in which Conestoga has had such wide success with seven students and a combined \$20,000 in winnings.

The winners, who are all third and fourth year APFM students, were Yumna Nasir, Megan Morrissey, Flavia de Martino, Jillian Harvey, Ryan Van Kooten, Alita Jones and Sean McBride. Also recognized was Megan Bos, a Conestoga APFM graduate who is currently attending the University of Calgary where she is studying for her master's degree in environ-

mental design.

The following are details of the scholarship winners:

■ Yumna Nasir received a \$5,000 scholarship from The Corporate Facilities Council. Nasir is a third-year student in APFM who is currently the public relations director of IFMA Conestoga Student Chapter (you can follow @IFMAConestoga on Twitter).

She has previously worked for employers such as Johnsonite Canada Inc. (a Tarkett company) and Conestoga College where she worked on the new F-wing for Health and Life Sciences. Currently Nasir is participating in an international exchange with Hanze University, The Netherlands where she is studying in their international facilities management program.

She is a resident of Waterloo.

■ Megan Morrissey is a fourth year student who was awarded a \$5,000 scholarship from The Corporate Facilities Council. Morrissey is currently the vice-president of the IFMA Conestoga Student Chapter. She has completed co-op work terms at Seawood Inc. where she worked as a facilities assistant and two terms at Conestoga College where she worked on the new Cambridge campus.

Morrissey is currently working on her final co-op at Maple Reinders Constructors Ltd., where she is working as an assistant project co-ordinator. She is currently a resi-

dent of Waterloo.

■ APFM alumnus Megan Bos is currently a candidate for a master's degree in environmental design at the University of Calgary. She received a \$5,000 scholarship from The Corporate Facilities Council. In addition to her studies Bos has completed numerous co-op work terms and has assisted as an external thesis adviser for APFM students.

■ Flavia de Martino won the Greater Philadelphia Chapter of IFMA Scholarship in the amount of \$4,000. She is a fourth year APFM student and is currently the president of the IFMA Conestoga student chapter. De Martino has completed co-op terms with Research in Motion; Public Works and Government Services; and the City of Brampton.

She is a resident of Cambridge.

■ Jillian Harvey, a Beachville, Ont. resident, is a third-year student who won the Capital IFMA Chapter IFMA scholarship, valued at \$1,500. Harvey is the current director of projects for the IFMA Conestoga student chapter. She has completed co-op terms at the City of Woodstock Building Department and Suncor Energy Short Range Facilities Department in Fort McMurray, Alta. She will return to Suncor this winter for her third year co-op term.

■ Ryan Van Kooten, of Ingersoll, is a third-year student in APFM who won the

Public Sector IFMA Foundation scholarship, valued at \$1,500.

He has completed co-op work terms with the Town of Ingersoll's engineering department and Toronto Rehabilitation Institute's capital planning department. Van Kooten will return to Toronto Rehab for his third year co-op work term this January.

■ Alita Jones is a third-year student in APFM who has been awarded a \$1,500 scholarship from Canadian Chapters of IFMA Award. She has completed co-op work terms with Traugott Building Contractors and Enermodal Engineering.

In addition to her studies Jones has also been involved with the IFMA Conestoga Student Chapter, has completed her LEED Accredited Professional certification and is actively involved with CaGBC (Canadian Green Building Council).

■ Sean McBride is a fourth year student and was awarded a \$1,500 award from the Greater Louisville Area chapter of IFMA.

McBride bridged into the APFM program last year and is the sponsorship director on the IFMA Conestoga student chapter. McBride has completed both of his work terms at St. Mary's General Hospital in the engineering and biomedical services department, and has since permanently relocated to Waterloo from Newmarket.





# 1ST ASH BASH

## Judging Categories



### *The Lame Mo*

AN ENCOURAGEMENT AWARD FOR THE MO BRO WHO HAS TRIED HIS BEST BUT STILL ONLY PRODUCED A WISPY EFFORT. IT IS A WELL KNOWN FACT THAT OFTEN THE MAN WITH THE LAMEST MO IS THE MOST DEDICATED.



### *The Ultimate Mo*

A MO BRO JUDGED PURELY ON THE GROOMING AND STYLING OF HIS MO. AWARDED TO THE MO BRO WHO TAKES THE MOST PRIDE IN GROWING, FLOWING, AND SHOWING OF HIS MO. THIS MO MAY BE SHAVED INTO AN UNUSUAL/UNIQUE SHAPE.



### *Best Mo Team*

A MO TEAM JUDGED ON DETAIL, COSTUME, AND COMMITMENT. THE TEAM CAN COME IN ANY SHAPE OR SIZE BUT ATTENTION TO DETAIL AND ORIGINALITY IS KEY. MO'S MAY BE DIED OR GROOMED TO ALL LOOK THE SAME.



### *Best Mo in Character*

A MO THAT MATCHES THE CHARACTER COSTUME. THE MAN WHO HAS GONE TO THE EXTRA EFFORT REQUIRED TO STAND OUT FROM THE CROWD WITH USE OF PROPS. HIS COSTUME DOES NOT OVER POWER THE MO. THEY WORK IN SYNERGY.



### *Best Mo Bro & Sista*

AWARDED TO THE MALE/FEMALE DUO WITH A GREAT COSTUME/CHARACTER COMBINATION. SIMILAR TO THE BEST CHARACTER MO BUT WITH THE INCLUSION OF A MO SISTA. THE COUPLE WILL BE JUDGED ON THE EFFORT PUT INTO THEIR COMBINATION COSTUME (I.E. FAMOUS COUPLINGS IN HISTORY) AND MAY EVEN HAVE A LITTLE PERFORMANCE PREPARED.



### *Miss Movember*

THE ULTIMATE PRIZE AWARDED TO THE STANDOUT MO SISTA WHO HAS SUPPORTED AND ENCOURAGED MO BROS. SHE HAS A TRUE APPRECIATION OF THE MO AND DOESN'T MIND A LITTLE PASH RASH. AN AWESOME COSTUME IS AN ADDED BONUS.



### *Man of Movember*

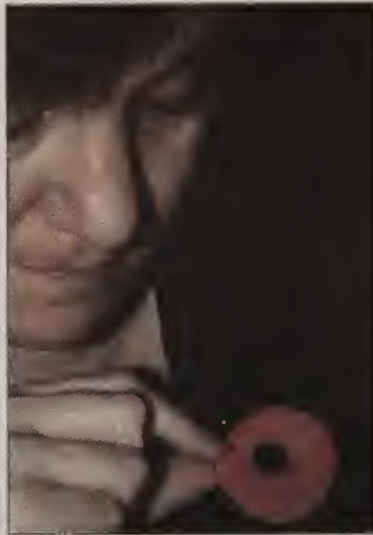
THE ULTIMATE PRIZE AWARDED TO THE STAND OUT MO BRO WHO HAS THE BEST MO, COSTUME, AND ATTITUDE. THE MAN OF MOVEMBER IS TO BE CHOSEN FROM THE FINALISTS OF THE OTHER CATEGORIES. THE MAN OF MOVEMBER HAS A TRUE APPRECIATION OF THE MO AND WEARS IT WITH PRIDE!

WEDNESDAY, NOVEMBER 30<sup>TH</sup> FROM 9 PM UNTIL 11 PM  
STAY TUNED FOR DETAILS





The first wreath was placed at the cenotaph at Queen's Square in Cambridge on Nov. 11.



**PHOTO BY SARAH SHAW**  
Pat Storts remembers her brother who served in the Afghanistan war two summers ago.



The lest we forget flag was held before hundreds of people at the ceremony in memory of those who died.

**PHOTOS BY JAZLYN SLACK**

# Lest we forget

**BY JAZLYN SLACK**

"The truth is, I owe you. I owe you for being able to walk around, for friends, for freedom." These words were written in a letter to veterans by a Grade 7 student.

The silence was overpowering.

Hundreds bowed their heads at the 11th hour of the 11th day of the 11th month as the snow fell on the chilly Friday morning.

On the day dedicated to soldiers, past and present, the cenotaph at Queen's Square in Cambridge was filled with memories and sorrow as people remembered those who sacrificed themselves for our freedom and fought for our country.

Among the hundreds of people who endured the cold were students.

"It's important for students to attend these ceremonies because of the vets," said Fred Sutton, secretary of the Royal Canadian Legion, Galt branch 121. "The letter written by that

seventh grader hit right on the head. If it weren't for the veterans, we wouldn't have freedom. It's all because of them."

Sutton expressed himself strongly, determined to make it known that it's important for students to know and understand how our world has gotten to where it is today.

An eagle symbolizes many things, protection, guardianship, freedom, power and inspiration to name a few.

This year an eagle staff was dedicated to the memory of Canadian Afghan veterans and their families. Each eagle quill on the staff was dedicated by a living veteran to a deceased soldier. The staff has 156 quills, representing the 156 soldiers who had died as of the day the staff was made.

The staff is a "moving memorial to Canada's contribution to the Afghan war," said Jim Wellheiser, president of the Canadian Airborne Forces Association. "Sometimes words just haven't been invented to describe something like this."



Fred Sutton, secretary of the Royal Canadian Legion, Galt branch 121, does a rifle drill after a moment of silence at 11 a.m.



Jim Wellheiser presents the eagle staff dedicated to Canadian Afghan soldiers who have died.



Families, friends and veterans brave the cold as they wait to present their wreath in memory of their loved ones lost in battle at the cenotaph.



# GRAND OPENING IS A HIT

By DEVON SMITH

"We do not want that any individuals should forget the land of their origin or their ancestors. Let them look to the past, but let them also look to the future; let them look to the land of their ancestors, but let them look also to the land of their children."

These words were spoken by Sir Wilfrid Laurier in a speech he gave in 1909.

They are also the words encoded into the colourful façade of the Waterloo Region Museum.

Hundreds, if not thousands of people flocked to the museum's grand opening celebration on Nov. 12.

Following a ribbon-cutting ceremony, the museum opened its permanent exhibits to the public for the first time. The ribbon was cut by many members of the community and of regional council.

Regional chair Ken Seiling was among those who cut the ribbon.

Seiling has been looking forward to this day for a long time.

"It was my idea for the region to assume the historic sites and regional council agreed to do that back in the 1980s," he said. "Since that time, we've worked on upgrading the sites, building the curatorial centre and now the museum."

Despite his involvement in their development, Seiling was impressed by the exhibits.

"They exceed all my expectations. I think they're very well run, very professional and yet very engaging for people to be able to see and enjoy and understand," he said. "There's a lot of interesting material, a lot of information and I think people could see it two or three times and still not see everything."

Regional councillor Tom Galloway, who also took part in the ribbon cutting, was chair of the steering committee and oversaw the project.

Galloway was happy to see the museum open and proud of what it has to offer.

"It's a unique museum," he said. "It's our history museum. I think, as far as local, municipal museums go, this sets a pretty high standard. I think the architecture is outstanding. And the exhibits are outstanding as well. We've had the building for over a year but now

the exhibits are in and they're really bringing life to the facility."

Galloway was also pleased with the people's response.

"The crowd has been just amazing," he said. "People are really kind of amazed at how much you can get into that kind of space, all the different exhibits and artifacts, large and small, in 40,000 square feet."

And there certainly are grounds for amazement. With a collection of 45,000 to 50,000 objects at its disposal, the museum is filled to the brim with Waterloo Region history.

The collection is made up entirely of donations from within the community, some dating back almost a century.

There are currently two main exhibits open at the museum. The long-term "What makes us who we are?" exhibit explores the human history of Waterloo Region over the past 12,000 years. And the "Unconventional Thinking: Innovation in Waterloo Region" exhibit explores innovation in the region since the 1800s and how it became such a centre of innovation in Canada.

Tom Reitz is the manager and curator of the museum. For the last five months or so, Reitz has been working hard to put together the exhibits and get the place ready for the public.

Reitz has been in the spotlight a lot recently, but insists that people's attention should be elsewhere.

"This is not about me," he said. "This is about this great facility and the support from the Region of Waterloo to build it. It is really an amazing space, with great collections, but great stories about this community as well."

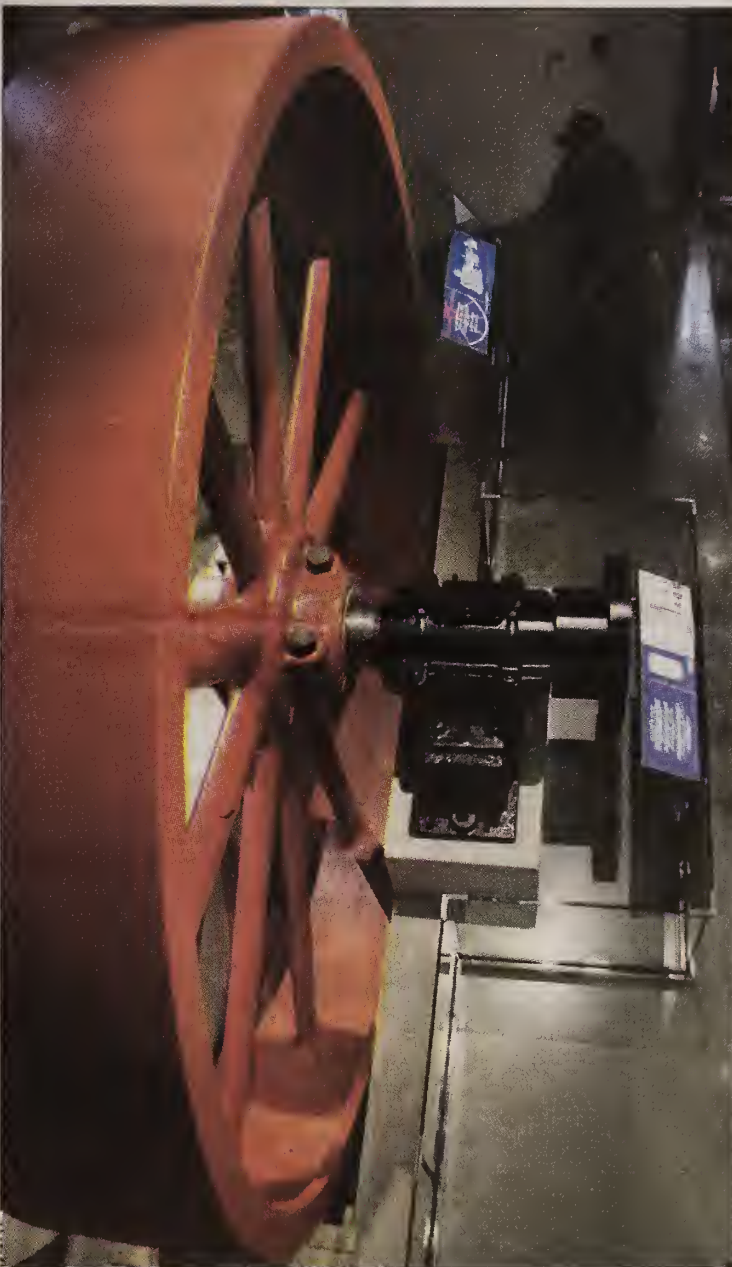
Reitz was also pleased with the response from the public.

"Everybody thinks it's amazing," he said, "and it is. It's a beautiful space."

Speaking of the space, Diarmuid Nash, one of the architects who designed the building, was on site and said he is very happy with the final product.

One of Nash's more recent projects was the new building on Conestoga's Cambridge campus.

For more information on the museum you can go to their website at [waterlooregionmuseum.com](http://waterlooregionmuseum.com).



Clockwise from top left: The Kitchener Rangers are featured in the Hall of Fame; Angelina and Daniel spin the innovation wheel in the Unconventional Thinking: Innovation in Waterloo Region exhibit; visitors check out a giant flywheel in the What makes us who we are? exhibit.





# Conestoga alumni illuminate

By ERIC MCKENZIE

It was a night to recognize dreams coming true at the 15th annual Conestoga Alumni Awards of Distinction ceremony on Nov. 9.

Eight different graduates of Conestoga College were honoured for their contributions to their fields, and over \$11,000 was given away to current students at the Waterloo Region Museum.

"Conestoga alumni do make a difference. These are the people who shape our community and many of them got their start right here," said Wally Vogel, president of the Alumni Association.

The awards reception was an elegantly decorated suit-and-tie affair catered by Bingemans and Conestoga's hospitality program, which is headed by Chef Philippe Saraiva, who also created a centrepiece for the event by carving a large brick of ice into a lifelike gazelle.

Daniel Henderson, a former pupil of Saraiva's, was nominated and won in the hospitality category for his work as executive chef at Bento Sushi in Mississauga and Ottawa and for his work in other sushi restaurants across the country. Henderson, who graduated about 10 years ago, was surprised by his nomination.

"I didn't even know about the awards to be honest with you. It's a great honour just to be in



PHOTO BY ERIC MCKENZIE

Chef Philippe Saraiva, who heads Conestoga's hospitality program, carved a gazelle centrepiece out of ice for the Alumni Awards of Distinction ceremony on Nov. 9.

the room tonight," he said.

In his acceptance speech he thanked Saraiva and Conestoga for helping him achieve his dream of working in the food and beverage industry.

"Chef Philippe is one of the main reasons I'm here. He taught me three simple words, 'mise en place,' which translates roughly to everything in its place," said Henderson.

Other winners of the night

were CEO of Symcor Inc. Chameli Naraine for business, Waterloo's assistant deputy fire chief Richard Hepditch for community service, CEO of Magnitude Partners Mark Kershey for engineering and information technology, founder and chief career strategist for The Wright Career Solution Daisy Wright for health and life sciences, CBC sports commentator Brenda Irving for media and

design, and vice-president of FLO Components Ltd. Mike Deckert for trades and apprenticeships.

Conestoga president John Tibbits spoke at the awards ceremony about how the college benefits from the individual achievements of this year's award winners.

"Your individual success here is, I think, helping us build our reputation," he said.

Three of the award recipients

were formerly immigrants to Canada and each spoke about how Conestoga truly made their dreams come to fruition.

Babar Tahirkhedi, news writer and lineup producer for OMNI TV Alberta, won the recent graduate award and said "being an immigrant working in Canadian news and journalism was my dream and Conestoga helped me achieve that."

Tahirkhedi ended his acceptance speech on an earnest and positive note causing the crowd to laugh in approval.

"You rock Conestoga. You changed my life," he said.

The Alumni Association provides special services to all 83,000 graduates called Affinity programs, such as discounts on car, home or life insurance from longtime partner of Conestoga Johnson Insurance. Smaller perks are also offered, such as ticket discounts to many attractions, including Canada's Wonderland and Bingemans.

Conestoga alumni also have access to [www.conestoga.intravel.ca](http://www.conestoga.intravel.ca), a travel website where they can book travel and accommodation at a discounted rate.

"Our Alumni Association works to build connections with Conestoga's graduates worldwide. We value and promote a strong network for the college alumni, current students and faculty," said Vogel.

## Young and old can learn CPR

By JAKE DAVIDSON

Taking a simple cardiopulmonary resuscitation course could help you save someone's life.

The Heart and Stroke Foundation, St. John's Ambulance, the City of Cambridge, the Cambridge Fire Department and the Kitchener Fire Department sponsored two classes on CPR and automated external defibrillator skills to residents of Waterloo Region.

"When we started this years ago we had a clear objective, we need to have one member of every house in the region know how to perform CPR and to how to use a defibrillator," said Sam AbiSaab, community mission specialist, for the Heart and Stroke Foundation of Ontario.

According to AbiSaab, most of the sudden cardiac arrests that occur outside the hospital are in the home or in a

public place, and the first few minutes are crucial to increasing the survival rate from less than 10 per cent to 75 per cent.

The best thing you can do when someone is having cardiac problems is to call 911 immediately so that help will be on the way. The goal of the two classes was to get 500 people to the Cambridge City Hall and the Kitchener Auditorium. More than that signed up so they had to turn some people away.

"We hope we will be able to train everyone today, at least with 500 people learning the life-saving skills it feels safer to be around," AbiSaab said.

People of all ages attended, some as young as 10 and some as old as 90.

"I'm in this class because I've gone on several school trips with my grandchildren and I hang around a lot of older people so this course seemed like a good idea," said

Shirley Watson a Cambridge resident.

Anyone old enough to understand it should learn to perform CPR. This year 35,000 students across the region were trained.

These larger classes aren't held often, only once or twice a year, but Community Awareness and Response to Emergencies holds free classes year-round that teach people basic defibrillator and CPR skills.

The main thing that keeps people from learning these life-saving skills is fear that a professional is the only person who can help someone but it is actually a very easy skill to learn. The Heart and Stroke Foundation has been delivering these sessions since the 1970s when CPR guidelines were first introduced.

The Heart and Stroke Foundation's hope is that everyone will know CPR and how to use a defibrillator.



PHOTO BY JAKE DAVIDSON

Elizabeth was one of the youngest attendees at a CPR and automated external defibrillator seminar at Cambridge City Hall on Nov. 12. Above, she compresses the chest of a dummy.





## HOROSCOPE

Week of Nov. 21, 2011



## Aries

March 21 -  
April 19

The only mistake that you will ever make is not learning from one; take the time this week to see how everything fell apart.



## Libra

September 23 -  
October 22

Never let your fear control your fate; this is especially important this week as you'll have a chance to do something big.



## Taurus

April 20 - May 20

Don't be reckless with other people's hearts; don't put up with people who are reckless with your heart this week.



## Scorpio

October 23 -  
November 21

Instead of being the person who waits for things to come to them; this week try and be the person who is the instigator.



## Gemini

May 21 - June 21

Just because you've been hurt doesn't give you the right to take it out on the world this week; be calm.



## Sagittarius

November 22 -  
December 21

A beautiful moment is worth far more than any amount of money; don't be afraid to spend this week living in the moment.



## Cancer

June 22 - July 22

Don't worry about what other people think about you this week; you'd be surprised how little they actually do.



## Capricorn

December 22 -  
January 19

Blood is thicker than water, and when a family member is in peril this week do everything you can to try and make it right.



## Leo

July 23 - August 22

To settle is to give up; never give up in any of your ambitions this week; you can do so much better.



## Aquarius

January 20 -  
February 18

Please refrain from breaking someone's heart this week, they're so in love with you and will be forever blue, just try to give a little respect.



## Virgo

August 23 -  
September 22

Ignorance is bliss can only get you so far in life; try your best this week to learn everything that you can.



## Pisces

February 19 -  
March 20

Maybe you'll finally see that friend in a different light this week; whether good or bad try to see past the moment.



James Witczak is the resident astrologist who gazed into the abyss and saw it gazing back at him, causing the universe to unfold before him.

# Local meals needs more wheels

By KAREN HAYNES

Winter draws closer with every fallen leaf and many Kitchener, Waterloo, Cambridge and North Dumfries residents look to local community organizations to assist in their day-to-day activities.

With colder weather around the corner, Community Support Connections Meals on Wheels and More (CSC) desperately needs more volunteers to help meet a seasonal influx of service demands, said Rosalind Horne, CSC's resource department co-ordinator on Nov. 9.

Since May 2008 CSC, located at 420 Weber St. N. in Waterloo, has offered local seniors and adults who need assistance a variety of services that allow them to continue living at home.

While most are seniors, CSC also offers assistance to adults with debilitating terminal illnesses.

Many require a volunteer to routinely drive them to ordinary places including the grocery store or a doctor's appointment, she said.

Friendly visiting and trans-

portation are two CSC services that increase in popularity, therefore requiring more volunteers, when winter's bad weather and fewer daylight hours arrive, said Horne.

Approximately 700 volunteers work to meet the needs of over 3,300 CSC clients and are at risk of becoming overworked this winter, she said.

"Volunteers are working overtime and it's not a sustainable long-term solution."

A variety of volunteer opportunities are available for anyone interested: behind-the-scenes, in the office or out working with clients, Horne said.

Volunteers are expected to provide a police record check and when applicable, a driver's abstract.

Jeremy Leckie, a CSC volunteer, said there are three categories of people who use the organization's services: those with a financial need who cannot afford cabs, those who are isolated and those who need physical assistance.

Maintaining their dignity is a key component, he said.

"No one wants to be a bur-

den on their children or family."

Leckie, in his early 40s, has volunteered with CSC for seven months and is mainly involved in the transportation and friendly visiting services.

Volunteering with CSC is easy to fit into the day; depending on your schedule the organization allows for great flexibility or regularity, he said.

"Being engaged in and supporting the community is immensely rewarding. It changes your mindset."

Ruth Shantz, a widow and CSC client, primarily requires transportation to doctor's appointments and blood tests, she said.

Shantz stopped driving in 2006 when her eyesight became too poor. For the last five years, the transportation service offered by CSC is the only way she can get to her doctor's appointments, she said.

"I really don't know what I'd do without them."

For more volunteer information visit [www.communitysupportconnections.org/content/volunteer](http://www.communitysupportconnections.org/content/volunteer) or call 519-772-8787.

## Put recyclables in their proper place

By JAKE DAVIDSON

Every year Conestoga College throws out over 200,000 kilos of trash.

In fact Conestoga throws out 6,546 kg a week for a total of 340,403 kg in 2010 which excludes materials collected for recycling and organics.

"In other words, that is about 23 kg per person per year," said Jana Vodicka, environmental co-ordinator of Conestoga College.

The amount of trash thrown out improperly varies by campus, according to Vodicka, but she said on average, 13 per cent of recyclable and 57 per cent of compostable material is put in the garbage when it shouldn't be. This includes things such as lids, wrappers and bottles.

When it comes to waste management one apple can spoil the whole bunch.

According to the contract with Waste Management, the school is supposed to provide high quality product through a low contamination rate.

One plastic bottle in the organics causes the whole bin to become unacceptable for composting or recycling. If the housecleaning staff collects the waste and sees that the bins are contaminated they will treat it as garbage.

There aren't enough staff members or time to pick recyclables out of the trash. That is why it is important to properly place papers, cans and plastic in the proper bin.

The recycling program is constantly improving thanks to increased awareness and education.

The school holds events such as the Waste Reduction Week Reusable Container Campaign and Earth Day

event documentary screenings. Vodicka has even conducted online surveys to assess gaps on how the Conestoga staff and students communicate about the recycling/organic composting program.

Informative posters have been put up in all classrooms and above cafeteria bins as well as labels on the containers themselves.

According to Vodicka the college has an excellent composting program that offers collection of more items than even the Waterloo Region Green Bin program because it accepts coffee cups.

Organic compost is part of the four slot blue bins located in every cafeteria. Half of the school's garbage is considered compostable so there is no reason all students, faculty and staff can't do their part.





PHOTOS BY RACHEL HENRY

An arch-truss bridge was lowered into place on the Grand River Trail near the Doon Valley Golf Course Nov. 10. Above, workers take a break after the bridge was detached from the crane.

## Grand River Trail gap is bridged

By RACHEL HENRY

There's no need to walk on water, pedestrians will be able to cross the Grand River in style on a new bridge near Doon Valley Golf Course.

The 75-metre arch-truss bridge spans the Grand River, closing the biggest gap in the Grand River Trail. Though the bridge was lowered into place by a crane on Nov. 10, construction will not be completed until next summer.

"Work to be completed

includes construction of accessible ramps from trails at rivers-edge and grades to bridge deck elevation," Kitchener communications and marketing associate Colleen Collins said. "(As well as) construction of the bridge deck surface on which trail users will walk and cycle."

Funding for the \$1.4-million bridge is provided entirely by donations made to the Walter Bean Grand River Community Trail Foundation, which started fundraising for the trail in 1999.

In an effort to protect the area, no portion of the bridge will come into contact with the riverbed. Project organizers are aiming to minimize impact on the habitat, which includes bald eagles during the winter.

Though there are still some gaps in the trail, including Forwell quarry, Freeport Bridge, Grand River Boulevard, the Simms Estate and Idlewood Creek, the Grand River Trail will ultimately run 76 kilometres along the Grand River.

## REMEMBERING IN MANY LANGUAGES



PHOTOS BY ANDREW SOULSBY

Myeengun Henry, a manager at Doon's Aboriginal Services, speaks in his native tongue at the Remembrance Day ceremony on Nov. 11.



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"Before my diagnosis,  
I was a professional  
athlete.  
Life was good and  
the future was bright."

Learn more about  
Jung-Yul



## Upcoming Career and Employment Events

### Rapid Resume Review Clinic

**November 22**

9am – 1pm, Cafeteria (Waterloo)

**November 24**

9am – 1pm, Cafeteria (Guelph)

Drop by one of Co-op and Career Services' Rapid Resume Review Clinics to polish your job search documents.

No registration required.

### Need assistance with:

Career planning?  
University applications?  
Program change?

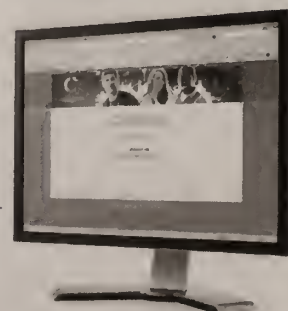


Our Career Advisors can help.  
Call ext. 2298 to make an appointment.

### Find great jobs on MyCareer!

Conestoga's online career and employment solutions system for students and alumni

(From the Student Portal, click on the "Services" tab)



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## Puppy is still playing

A band that formed nearly 30 years ago and is still making quality music is rare. Vancouver's Skinny Puppy is considered by many to be the pioneering band of industrial rock (rock spiked with harsh, mechanical-sounding electronic beats). *HanDover*, released Oct. 25, is a sampling of what vocalist Nivek Ogre and synth programmer/multi-instrumentalist cEvin Key have always done well: stream-of-consciousness lyrics spoken/sung/shouted in a theatrical style over synthesizer noise, drum machines and the occasional guitar. It's enjoyable from beginning to end, but there are three tracks (tracks 2-4) that are exceptional.

Cullorblind is a standout track and a strong single. Slightly angry, driving, catchy. Just try not to listen to it twice. Wavy is eerily beautiful, with slow and thoughtful acoustic guitar, choir voices and piano. The song is Key's favourite. Ashas is about a devoted crew member who broke his neck in an accident, survived, and, with a bolt in his neck, continued to travel and work with Skinny Puppy until he died last year. In the song, Ogre groans, "My heart can't contain the missing fragments of memories." It's jaw-dropping to hear Skinny Puppy this tender.

The pace picks up again with the upbeat if not uplifting *Gambatte*, a song that's almost fun because of its quirky vocal delivery and electronic sounds. The rest of the disc is a mix of swirling, wandering electronics and true industrial tracks, full of texture and noise.

The axe that Puppy is grinding is already apparent in the title – frustration over the government and corporations exploiting taxpayers and consumers. As timely and as appropriate as the theme is to the Occupy movement, Ogre has confirmed that this



Elissa  
Den Hoed  
Opinion

connection is a coincidence (the album, after all, took three years to see daylight).

This puppy has stayed true to itself and at the same time, grown into a mature beast. In spite of greying hair, the guys are still in top form. Passion, that all-important intangible in great music, is ever-present in their 11th release. *HanDover* is so rich and satisfying that it could cause even a neglected, sickly dog to wag its tail in appreciation.

### ABOUT PUPPY

■ Both Nivek Ogre and cEvin Key have the same first name (Kevin), creatively misspelled in their stage names.

■ Ogre and Key are the original members and the only longtime members still with the band (keyboardist Dwayne Goettel died in 1995).

■ Key's mother bred cats and he is a devoted cat lover.

■ Ogre has a small-time acting career, most recently landing a role in *Repo! The Genetic Opera* alongside Paris Hilton and Alexa Vega

■ Some of Skinny Puppy's favourite themes through the years have been animal abuse, addiction, disease and censorship.

■ A simulated onstage vivisection of a stuffed dog named "Chud" landed the entire band in jail for a night when someone in the crowd thought it was real.

## Accounting students need speed

Conestoga accounting students will need some speed.

The Conestoga College Accounting Association is hosting its third annual Speed Networking event on Nov. 30 from 5 to 7:30 p.m. in the lower Sanctuary (Room 2A109).

Students attending the event, which is adapted from the popular speed dating concept, will have an opportunity to speak with every industry

professional in attendance during timed intervals at assigned stations.

The event helps accounting students build a list of contacts, find out more about a position they really like, or see what is available on the other side of the podium after graduation.

For more information about the event, visit [www.yourccaa.com](http://www.yourccaa.com). To RSVP, email [yourccaa@gmail.com](mailto:yourccaa@gmail.com).

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## MAKING A DIFFERENCE THROUGH CHANGE



PHOTO BY KAREN HAYNES

Caitlin Pattison, a second-year business administration — marketing student at Conestoga College, raised money through spare change donations for Reaching Our Outdoor Friends on Nov. 9. Pattison and other Conestoga students also collected clothing for the Waterloo Region organization.

### COUNSELLOR'S CORNER: College Alcohol Inventory

The following College Alcohol Inventory was developed at the University of Wisconsin-Eau Claire. It might be interesting for you to complete the inventory and then compare your score with the average scores.

- |                               |                                |  |
|-------------------------------|--------------------------------|--|
| True <input type="checkbox"/> | False <input type="checkbox"/> | 1. I have drunk 5 or more drinks in a row at least once in the last two weeks.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 2. I have drunk to intoxication at least once in the last two weeks.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 3. I have drunk alone in the last 3 months.  |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 4. I have drunk alcohol daily (at least 5 days of each week) for the last month.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 5. I have said or done something under the influence of alcohol I regret during the last 3 months.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 6. I have drunk during the last 3 months so that I could do something that I felt I could not do as easily without alcohol (i.e. talk, relax, be more outgoing). |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 7. I've experienced a blackout (memory loss) while drinking in the last 3 months.  |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 8. I have driven under the influence of alcohol in the last 3 months.  |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 9. I have missed school or work due to the effects of alcohol at least once in the last 3 months.  |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 10. I have experienced withdrawal (shakes, sweats, flushed faced) after stopping drinking in the last 3 months.  |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 11. My drinking has harmed my personal relationships in the last 3 months.   |
| True <input type="checkbox"/> | False <input type="checkbox"/> | 12. During the last 3 months, I have often drunk in larger amounts or over a longer period of time than intended.  |

### Score

Add your scores on questions 1-12 (one point for each True answer). This is your severity score. The range is 0-12. 50% of UWEC students average score is 2.4. 84% of UWEC students score 5 or below.

If an answer to any question or your total score concerns you, please consider talking to a counsellor at **Counselling Services**.

**"If alcohol is causing you or those around you problems you have a problem with alcohol."**



# Local musicians release new album

By VANDA DOBRITOIU

Conestoga College student Franklin Flitton is leading his band to success.

The first-year graphic design student is the lead singer of Death Cartel, a band classified under industrial in the world of music.

Industrial music is the idea of man and machine and the concept that man can be replaced by machine. This style of music has been around since the early 1990s.

The group's new album, *World of One*, was supposed to be released last summer, but was pushed back to this winter because it is a collection of everything they've worked on so far and they wanted it to sound perfect.

The band only plays about twice a month due to their heavy school workload, but if they are you'll often find them playing at the Chrysalids Theatre in downtown Kitchener.

As for Flitton himself, he started playing guitar when he was in Grade 1 and continued to pursue his love of music by learning the bass and keyboard as well. His father owns a recording studio, so he was raised in a musically-inclined family.

He started playing music by himself at first, remixing songs by T-Pain and Basshunter, and then went on to play in rock and metal bands. He brought together Death Cartel in August 2010.

They played all over North

America, and went on a tour of Ottawa during March Break.

"It's funny. I get stage fright when I play for 500 people or less," Flitton said. "Anything above that I'm perfectly fine."

Although music is a part of his life, he plans to spend his future as a graphic designer. He works with audio, video and graphics. "I do a lot of production work for other people," he said.

As the executive authority over Death Cartel, Flitton is the one to approve any changes made to the band's image and sound.

Their new song *Doomsday* will be the first single off their next album, called *Cryptic Cyber* (a concept album), that will be out this



time next year.

"They're a good band. It's industrial music, so it's a different taste of music," said

Damian Suchecki, an avid listener.

For more information, visit [www.deathcartel.com](http://www.deathcartel.com)



## HEALTH & WELLNESS WEEK

MON

10AM - 1PM

Interactive Games, Displays and Activities hosted by:  
Pre-Health Sciences Program  
General Arts and Science — Health Options Program  
Recreation and Leisure Program  
To Write Love on Her Arms Booth Hosted by CSI

TUES

BE A HEALTHY STUDENT!

10:30AM - 12:30PM

Interactive Games, Displays and Activities! Hosted by:  
General Arts & Science — Health Options Program  
Pre-Health Sciences Program  
Info Booth Hosted by CSI

WED

10AM - 2PM

Interactive Games, Displays and Activities hosted by:  
Pre-Health Sciences Program  
General Arts and Science — Health Options Program  
Recreation and Leisure Program  
Info Booth Hosted by CSI

THURS

HEALTH WATCH!

10AM - 12PM

Interactive Games, Displays and Activities! Hosted by:  
General Arts & Science — Health Options Program  
Display presented by Health Services

FRI

HEALTHY EXERCISE!

10AM - 12PM

Learn about health and exercise. Hosted by:  
Pre-Health Sciences Program  
Display presented by Health Services

November 21 - 25 AT DOON CAMPUS  
STUDENT LIFE CENTRE and E-WING

Hosted in  
partnership  
with  
Student Life  
Shape Your Future

## Four Year Strong: Dying to rise after a knock down

Four Year Strong's latest contribution to the music world, *In Some Way, Shape or Form*, is a far cry from the former blend of pop/punk.

This album, coming a year after the 2010 release of *Enemy of the World* and the departure of keyboardist Josh Lyford, is a pale comparison to the catchy, uplifting and memorable tracks of their previous LPs.

Fans will be shouting out the ironic line, "It must really suck to be Four Year Strong right now" and meaning it. Missing from the equation are the catchy hooks, fun gang vocals and hard-hitting breakdowns that rocketed the band to fame.

With *In Some Way, Shape or Form* the band has gone in a completely different direction, and seem to be desperately grasping for hooks with mass appeal. Gone are the anthemic choruses and breakdowns; in their place is palatable radio-rock.

The release of the single *Stuck in the Middle* prompted fans to declare the album "Four Year Strong" due to its



Rachel  
Henry  
Oplon

noticeable change in sound and uncanny resemblance to the Foo Fighters. Though this comparison may be overstated, the album certainly does not live up to the energetic anthems that put them on the map.

Other comparisons could also be made to Queen, with the piano intro to *Only the Meek Get Pinched*. While pop/punk was not originally the most creative avenue for the band, the same verse-chorus-verse structure of every song becomes incredibly predictable.

Although *In Some Way, Shape or Form* is not a terrible album, it certainly does not reach the standards fans have come to expect of FYS. The band struggles to find an identity with this album, and here's hoping they find it in their next release and "prove that they're not dead and gone."





# For the love of the game

PHOTO BY JEFF BOMBEN

Paul Osborne, executive director of marketing, corporate communications, athletics and alumni at Conestoga College, poses in his office with some of his hockey memorabilia.

By JEFF BOMBEN

During the 2010 Winter Olympics, Canada won 14 gold medals but it was one golden goal that every Canadian remembers. For some people, hockey is not just a game, it is a part of their life.

One of these people is Paul Osborne, who is the definition of a passionate hockey fan who understands the game but always wants to learn more.

Osborne works as the executive director of marketing, corporate communications, athletics and alumni at Conestoga College and has lived through some of hockey's greatest moments. His passion for hockey goes back to his glory days as a young child and is only continuing as his life rolls on.

Growing up in Oshawa, Osborne grew to love the sport as a player, thanks in part to his dad who coached him.

He played in the old Bowman Arena, which had slat boards that were really thin and the old chain-link around the end. "Hockey was a great thing you did with your friends," he said.

Osborne and his parents attended the Ontario Hockey League's Oshawa Generals hockey games when he was

growing up. "It was such a high level of hockey and at the same time, it was affordable," he said.

His parents had season tickets before he was born and got to see one of the greatest defencemen ever to play the game — Bobby Orr — who played for the Generals. Osborne grew up watching Orr dominate the NHL in Boston, but he never got to see him play in Oshawa.

Osborne still has a wool jersey that was signed by Orr, and continues to collect different types of memorabilia. One of his most unique pieces is a piece of Orr's old hockey shaft from his famous junior days as a General. The shaft has "Orr" and his famous No. 4 written on it.

Growing up so close to Toronto, Osborne became a passionate Toronto Maple Leaf fan and still finds a way to joke about their glory days.

One of his favourite players was Swedish defenceman Borje Salming, who came to the Leafs as one of the first Swedish players to join the National Hockey League. Osborne loved the courage Salming displayed as he battled through the legendary years of the Broad Street Bullies.

Osborne went to his first Toronto Maple Leafs game at Maple Leaf Gardens with his

father to watch the hometown team play the New York Rangers. Despite losing, it was a great experience.

Maple Leaf Gardens means a lot to Osborne and his family. During the fifth last game before the Gardens closed, Osborne brought his son to a game. The Leafs faced off against the Boston Bruins and during that game, Osborne luckily knew one of the Maple Leaf photographers who was sitting at centre ice taking shots of the game. Osborne and his son were sitting in the red section of the rink and in the second period, they rose to cheer for the team and the photographer captured their excitement. The photo is near and dear to Osborne's heart.

Beginning his career, Osborne starting working in the radio industry where one of his friends knew famous hockey player, Raymond Bourque. With the help of his friend, Osborne was able to experience one of hockey's most unusual moments.

In the 1980s, the Edmonton Oilers faced off against the Boston Bruins in the Stanley Cup finals. The game took place in Boston at the old Boston Gardens and during one of the games, all the lights went out. The game was cancelled and eventually moved back to Edmonton.

During that Stanley Cup Final, Osborne and his friend stayed with Bourque. Thanks to this amazing connection, during the final series, Osborne was able to get full access to the Boston Gardens and even played tabletop hockey with NHL Hall of Famer Cam Neely.

Only a few years later, Osborne was at one of the greatest hockey games ever played.

It was the 1987 Canada Cup in Hamilton, Ont., that saw Canada battle their bitter rivals the Soviet Union in the finals. Canada needed to win the final two games in order to win the series. The second last game of the series saw Canada win by a score of 6-5 in double overtime after Mario Lemieux collected the puck off a rebound to score the winning goal.

Osborne actually worked for a hockey team after leaving the radio industry. He worked for the Guelph Storm as the director of business operations. One of his biggest challenges during this time with the Storm was moving the team to a new rink.

The challenge was that the team had to share 40 per cent of the revenue with major sponsors including Sleeman Breweries Ltd.

Another important milestone in Osborne's career was

working as co-chair of the 2002 Memorial Cup, which is a 10-day tournament that displays the best teams in the Canadian Hockey League.

Since Osborne stopped working full-time with the Storm, Osborne has billeted five of the Storm players including Los Angeles Kings captain, Dustin Brown.

When Brown first came over as a 15-year-old from the United States, Osborne said it was a bit of a struggle for Brown to adjust but it was the right move to make for Brown's hockey career, as he made the NHL only three years later.

Osborne keeps in touch with Brown and recently visited him with his family for five days and attended a few Kings games.

Osborne describes the relationship with the billets as a second family and said Brown jokes that he has not eaten rice since leaving the Osborne household because they ate it all the time for dinner.

Talking about the Guelph Storm this season, Osborne said they have a great amount of young talent and will be dangerous moving forward. He said to watch out for defenceman Matt Finn, predicting he will be the next great player out of the Storm organization.





# WANT A MO T-SHIRT?

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- 2** DONATE A MINIMUM OF \$10.00 TO THE TEAM OR A MEMBER OF THE TEAM
- 3** CHECK BACK IN THE CSI OFFICE ROOM 2A106 MID-NOVEMBER WITH YOUR STUDENT CARD OR PIECE OF ID TO RECEIVE YOUR FREE SHIRT!